

COVID-19 vs. ALLERGIES

BACKGROUND

People with COVID-19 have had a wide range of symptoms reported – from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. During allergy season, it can often be difficult to distinguish whether an individual is experiencing allergy symptoms or COVID-19.

COVID-19 vs. Allergies

	COVID-19	Allergies
 Common	Fever or chills	✗
	Cough	✓
	Body aches	✗
	Headaches	✓
	Tiredness	✓
	Loss of taste or smell	✗
	Shortness of breath	⊖*
	Sore throat	✓
	Sneezing	✓
	Itchy or watery eyes	✓
	Runny or stuffy nose	✓
 Less Common		
 Not Common		



*Seasonal allergies do not usually cause shortness of breath, unless a person has a respiratory condition such as asthma that can be triggered by pollen.

cdc.gov/coronavirus

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CONSIDERATIONS

- If your child has a history of allergies, talk to your doctor about obtaining an alternate diagnosis. Review Scenario 4C in our [CDH Scenario Toolkit](#).
- If symptoms go away shortly after allergy medication is given, you can consider allergy symptoms and not COVID-19 or cold symptoms. CDH strongly suggests that medication be taken as advised by your doctor.
- If symptoms do not go away, your child should begin to quarantine. Consult our [illness decision tree](#).
- If your child has not had allergies in the past, CDH recommends that the individual seek guidance from a healthcare provider and be tested for COVID-19.
- Has your child been in close contact with someone who tested positive for COVID-19? If yes, they should be tested for COVID-19 and follow quarantine and isolation guidelines.